August 21 & 28, 2020
Issue #19

Intuitive Healer and Author, Eve Wilson

The Crazy Wisdom Weekly

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

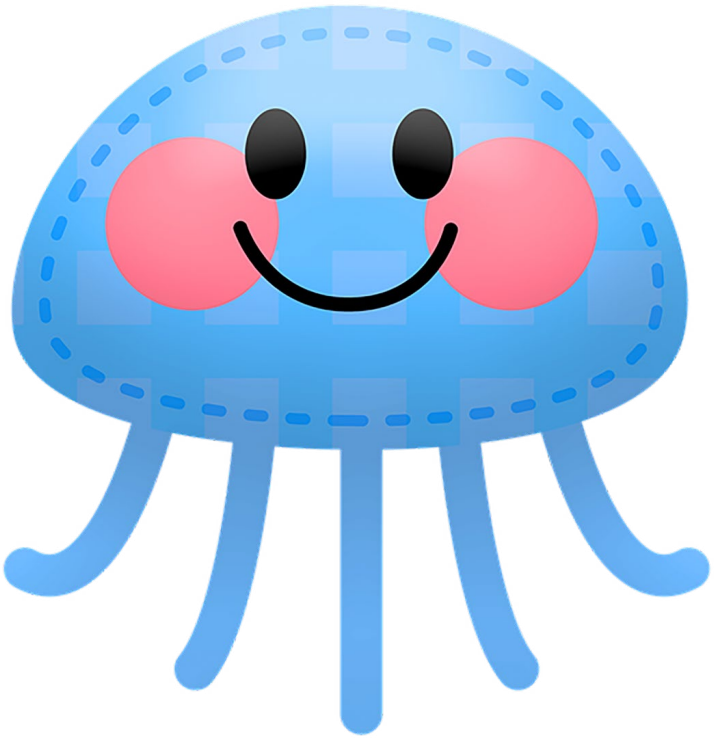
Letter From the Editor

It's been nearly 20 weeks since we started *The Crazy Wisdom Weekly*. Born during the first weeks of the stay at home order, the *Weekly* has been a place where we could check-in with you all about how you were feeling and what you were up to. I wanted to extend a huge thank you to all of you who have submitted stories, essays, artwork, and photographs, or for participating in a Q & A. The *Weekly* is a community magazine and we couldn't do it without you!

Every nine weeks we are going to combine the *Weekly* into a two-week issue to give us time to focus on *Crazy Wisdom Community Journal* items. During this time, we still encourage you to send in your informational tid-bits, writing, art, and your calendar items (see the calendar for the link!).

Have a great idea for an article? Have a great oringinal story you wrote during the pandemic? A funny story about your silly new puppy? A touching meditation on the changing times? Send me a note at jennifer@crazywisdom.net, I'd love to feature you!

Jennifer Carson



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Crazy Wisdom is committed to doing our part to prevent the continued spread of Covid-19.
The safety and well-being of our staff and guests is our priority.
CRAZY WISDOM WILL REOPEN TUESDAY 8/25/2020
New Hours:
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• limiting the number of customers
• hand sanitizer available for staff and customers
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• closure of second floor and closure of public restroom
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Thank you for being patient with us as we navigate these uncertain times!

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Eve Wilson
Katie Hoener
Michelle McLeore
Sibel Ozer
Pauline Loewenhardt
Angela Madaras
Carol Karr
Sarah Newland
Jennifer Carson
Bill Zirinsky

Word of the Week:

Brummagem

Cheap and showy.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

My Wonderful Life in the Garden

By Pauline Loewenhardt

My wonderful life in the garden began with a few dahlia bulbs that my retired neighbor handed to me over our backyard fence. He gave me very specific instructions. I planted them according to his very specific instructions and they were dazzling. The dinner-plate size blooms in various shades of yellow, salmon, and pink were simply gorgeous and from that time on, I was hooked.

Life in the early '60s was busy. We had moved into our first real home in Detroit, Michigan, just prior to the birth of our second child. I took a year off from my work as a nurse, stayed home with my two small kids, and learned a bit about gardening. I remember when my mama had a garden in the empty lot next door. Her green thumb helped feed six voracious appetites. A peach tree provided delicious jam. I admired my neighbor's garden, but never tried to emulate his efforts. I thought I didn't know much about gardening. However, my success with his dahlias planted a seed, and with his continued instructions about other plants he gifted me, I soon had flowers blooming everywhere. It was the beginning of my lifelong love of gardening, and I realized I *had* inherited my mama's green thumb.

After a move to Wisconsin, we bought a house in Wauwatosa, a suburb of Milwaukee. It was made of flagstone and sat on a hill—the grandest house I've ever lived in. Along the curved driveway, the previous owners had planted hundreds of peonies. They were absolutely gorgeous when they bloomed. By this time, my dad was living with us, and I was in graduate school. Every year I helped the peonies to bloom. I realized that when my hands were in the dirt I escaped from the chaos in my life. Gardening became my refuge.

Fast forward a couple of decades to the early nineties—I divorced in 1974, my kids were in college, and I was living in a little blue house near the Hillsborough River in Tampa, Florida. The first year I planted petunias on Memorial Day, and they died by mid-July. I learned quickly that the two seasons to plant in semi-tropical mid-Florida are spring and fall, or March to October. Plants grow prodigiously and I spent a lot of time cutting back the weedy vines that covered everything. I loved having outdoor plants that were considered house plants up north. After a few years my collection of potted plants numbered over 100 and many required two people to move. Several times during my years in Florida all the plants had to come in the house during hurricane warnings. During those times, the house felt like a jungle.

In Florida, I learned about the plants of the semi-tropics, and I became a serious gardener. I started a compost pile and attended gardening classes. I had help designing and installing a butterfly garden. My garden won an award from the city of Tampa for water conservation and was certified as a National Wildlife habitat.

During a visit to Michigan in the spring of 2003, to celebrate the birth of my fourth grandchild, I realized I needed to be in Michigan with my family. I bought a townhouse in Geddes Lake, and I could garden in small plots on either side of the patio. Memories of gardening in the Midwest came flooding back. Here were the flowers and scents I had missed—the fragrant lilacs, the bright colors of forsythia, tulips, and daffodils in the spring. I planted a scarlet honeysuckle to attract Hummingbirds. I missed peonies, so I planted one, as well as lavender, spider wort, bleeding heart, and iris. One year I had six-foot tall sunflowers. More than ever, I became obsessed with gardening and even dreamed about what I would plant next.

I now live in a small ranch house next door to the Leslie Science Center. The previous tenant, an artist, had lived there for 21 years, but had no interest in gardening, so the yard looked sorely neglected. I eagerly took on the challenge.

I told friends and family that I was open to donations from their gardens and soon filled the new beds with many different plants. Bee balm, coreopsis, evening primrose, wild and scented geranium, sweet woodruff, echinacea, and many others grow in my yard. My garden provides joy and relaxation though I can no longer participate actively in the work. However, I have a strong young helper. That will do, as gardening is one of many activities I have had to cross off my list as I've aged.

Gardening has been my constant meditative refuge since the 60s and I am eternally grateful to the neighbor who handed me dahlia bulbs. I am also grateful to my mama who inspires me though she didn't live long enough to enjoy her golden years. Gardeners of all ages are welcome to visit my garden, and if you come in the spring you can dig up some of the plants to take home. Think of it as my little offering across the garden fence.

Heart of the Journey

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Yoga

pose of the week

NAVASANA — BOAT POSE

By Katie Hoener

If you are looking for a pose that brings in balance, strength, and draws us into focus, look no further. Boat posture can be started with the feet on the earth and a gentle lean back. Start engaging both the core and the breath. The more focus and control of the breath the lighter this posture will feel.

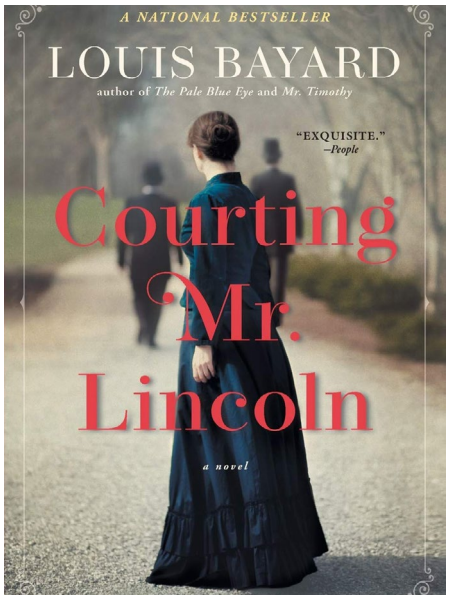
If your space for the day allows it, from your seated posture, with the feet on the earth, bring the hand just behind the knees and start leaning back. Lift through the heart. If it feels okay today, float one or both feet off the mat. From here you may want to release the arms, as pictured here. Keep the jaw soft, and the gaze light. For additional challenge, if that fits your space for today, you may want to play with straightening the legs. Additionally you may want to play with the positioning of the arms. Stay with the breath.

When you are ready to relax, find a way to fold over the legs and release the effort! Great work.

Katie Hoener is the Yoga Columnist for The Crazy Wisdom Community Journal. *She is an RYT 500, receiving her 200 and 500 hour trainings. She is a partner at Verapose Yoga in Dexter. Please send in your yoga questions to Katie@ veraposeyoga.com*

Crazy Wisdom Book Pick of the Week

By Sarah Newland



Courting Mr. Lincoln by Louis Bayard

When Mary Todd meets Abraham Lincoln in Springfield in the winter of 1840, he is on no one's short list to be president. Mary, a quick, self-possessed debutante with an interest in debates and elections, at first finds this awkward country lawyer an enigma. "I can only hope," she tells his roommate, the handsome, charming Joshua Speed, "that his waters being so very still, they also run deep."

It's not long, though, before she sees the Lincoln that Speed knows: an amiable, profound man with a gentle wit to match his genius, who respects her keen political mind. But as her relationship with Lincoln deepens, she must confront his inseparable friendship with Speed, who has taught his roommate how to dance, dress, and navigate polite society.

Told in the alternating voices of Mary Todd and Joshua Speed, and inspired by historical events, Courting Mr. Lincoln creates a sympathetic and complex portrait of Mary unlike any that has come before; a moving portrayal of the deep and very real connection between the two men; and most of all, an evocation of the unformed man who would grow into one of the nation's most beloved presidents.

Purchase your copy of *Courting Mr. Lincoln* at shopcrazywisdom.com.

Crazy Wisdom Poetry Series

Hosted by Joe Kelty, Ed Morin, and David Jibson

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for the Zoom link.

Second Wednesdays, 7-9 p.m. Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m. Featured Reader(s) for 50 minutes. Open Mic reading follows for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured Reader: Dunya Mikhail

Dunya Mikhail is an Iraqi-American whose five books of poems address themes of war, exile, and loss. She has received Guggenheim and Kresge fellowships, the Arab American Book Award, and the U.N. Human Rights Award. She currently teaches Arabic language at Oakland University. Her reading will be bilingual.

7:00 PM - 8:45 PM • Wednesday, September 23, 2020

Email cwpoetrycircle@gmail.com for Zoom link.

Featured reader is followed by Open Mic reading. • FREE. All writers welcome • Read your own or other favorite poetry. • Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by Joe Kelty, Ed Morin, & Dave Jibson. See our blog at cwcircle.poetry.blog.

By Eve Wilson

The world virus and stay-at-home order created a perfect situation to allow foundational changes that were needed for people, though it has been a difficult time for many. Normally the business of life keeps people focused on daily affairs and not especially open to spiritual influences or anything beyond their goals and habits. The enforced inactivity created a vast quiet in our world and an open, almost prayerful expectancy in most people's hearts and minds the world-around. That, along with uncertainty about finances, health, and safety, provided a vulnerability to newness.

Since 1986, when I began my career as a Healer and trainer of Spiritual Healer Practitioners, I foresaw a time, when the need would arise for my graduates to come together. The foreshadowed changes coming for people and the planet would require spiritual midwives, and I hoped we would be there to help. I have waited a long time for that intuitive call, and the world virus situation finally sounded it.

My Healing & Ascension Work accesses the higher Levels of intelligence and love that create individuals, families, countries, and soul groups across all lifetimes. I partner with those higher levels, helping to anchor shifts they initiate that are timely for our world. In 2012, Earth received a new set of contracts for life that will influence us all over the next 350,000,000+ years.

The new contracts remove the barriers to unity with Higher Self which have been in place since the beginning of creation. Those barriers helped us to go from absolute Oneness to become many individuals; and allowed the creation of all life as we know it with all its diversity. Our individuality is now sufficient, and our new job is to return to unity while maintaining our individual focuses of self. This process is called ascension, and our world is actively involved in that, which is why all the chaos is happening as we shift directions collectively on Earth. Covid-19 is a world ascension virus, designed by Higher Spirit to break down the old genetic material and allow new genetic material to integrate into our bodies. Those who are actively ascending usually don't need it, but others do who can't shift without it. The goal for my healers was to help people ascend without needing to be sick or with less illness, if possible. I believe we accomplished this goal and much more.

I was blessed to have three levels of classes to help smooth the process of healing and change for people. 32 of my students met through Healing & Ascension Monthlies, where for several years I have brought a diverse group of spiritually minded people together to work through their personal lives, families, soul groups, and spiritual connections to assist our world toward smoother positive shifts. Eight of my graduate students had been working through Advanced Healing & Ascension Classes since last fall, and so were already strong, skilled, and in place.

20 grads from many years of healer trainings joined us to bring their gifts, skills, and willingness to help through a Graduates World Ascension Series. And four of my most highly skilled graduates, who work as assistants for classes and actively partner with me to assist the world to heal and ascend, were present for all of this! For months I was privileged to work with all these fine healers to assist our world to heal and ascend more easily and efficiently. It was challenging but satisfying work.

World Ascension Work requires people grounded in the Earth who can connect with their Higher Selves, creating unity between higher levels of spirit and the physical. Each of us has connections to others through heredity, soul groups, and talents. The strength of the individual Healers' unity, working through those connections, creates an open door for healing and ascension to occur for the groups they are a part of in this and other lifetimes. Working with these wonderful Healers has been phenomenal. We were able to gently and effectively release old soul contracts, heal traumas, and create gentler ways for people to ascend. I thank all the gifted, loving people who made their deep commitment to this work!

If this work inspires you, Eve Wilson is holding enrollment for the classes mentioned in this article. The next Healer & Ascension Certification Course for legal, national UCM Healer Practitioner Certification and Healing & Ascension Monthlies begin in December 2020. Visit spiritualhealers.com to discover Eve Wilson's books, international award-winning Weekly Word for Healing & Ascension blog, classes, articles, or to schedule a Healing Treatment for individuals, couples, families, or pets.

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From Our Blog

Above and Beyond Self Care

By Michelle McLemore

2018 and 2019 seemed to be the years of "Self-Care." It was advocated in every store and every social media platform. "Take care of you first." "Do what you need and if others don't understand, that's their problem."

Certainly, becoming exhausted from busy-ness serves no one well nor anyone long term. Yet, in all the well-meant advocating for self-love, the greater need for this message wasn't being delivered. Mental and physical self care is important because it is the means to clear thinking and understanding. This then yields the SO needed empathetic actions within our larger communities and in our higher spiritual walks.

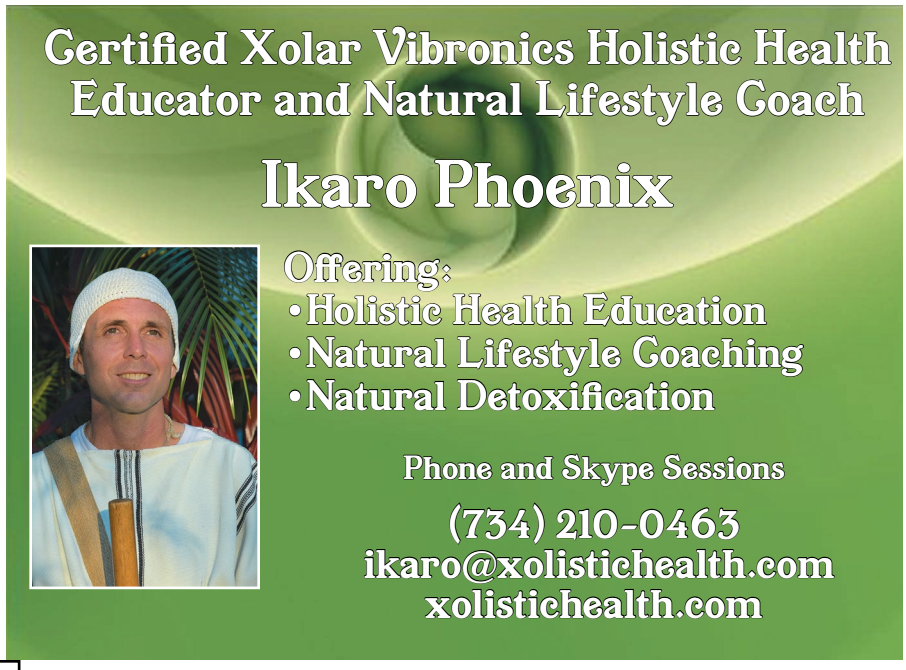
Self care was never the end goal. Self care is stress management as a necessary part of the journey to Self Transcendence. Abraham Maslow's revised Hierarchy of Needs aligns fairly clearly with the seven major chakras. Self-Actualization (recognizing one's own desires and self advocating) begins in the heart and throat. When the Brow chakra opens, so does a wider perception and understanding of self among others. The growth culminates in the Crown for Self -Transcendence when one's own interests voluntarily merges with the needs of the Collective Consciousness. Here is where 2020 can take Self Care to its higher purpose.

In these early months of the new year, it is tradition for new resolutions, letting go, and cleansing for productivity. Individually and full communities have a need to release stagnant patterns from the winter's slowed cycles. I've found three energy intercessions helpful for this. Lymphatic drains are helpful for the lymph to move waste, reduce swelling, and energize the immune system. A Magnetic Clearing removes leftover effects from prescriptions and emotional patterns which weigh us down. A Chakra Spread aids the client in adjusting to changes in the seasons, relationships, jobs, or homes that may have occured. Preparing the mind, body, and spirit for alignment of the Throat through Crown chakras is essential work to merge self interest with interest for all.

Beyond a formal energy session, you can use a mantra for each level of chakra awakening. For the crown, you could use the sound vocalization of "AH" (like a content "Ahhhhhhhh" after a great meal) or the mental intention, " I surrender to the highest and best that seeks to emerge through me." Too long? Short ones work as well:

- I am complete; I am significant. I am not alone.
- I am worthy of love from Divine energy.
- The Universe is kind and loving.
- I am supported in discovering my soul's purpose.
- I am here to make a difference.

Self-love wasn't "wrong" to pitch in the last few years. It was necessary. It was also the easiest part for business to "sell" quickly to the consumer. At the least, it got the ball rolling, or chakras spinning, we could say. With Self-Transcendence, an awareness of universal truth and oneness allows for understanding to permeate the whole being. Certainly, there may be an adjustment period. There will be a recognition (and sorrow) that not everyone in your circle may be at the same epiphany at the same time. There may be increased fervor to care for the habitat and others' consciousness. Altruistic actions and unconditional love may be misunderstood by those not at the same awareness level, but the peace that comes with the internal Knowing, the connectivity to ALL of creation—once felt, it is never forgotten and anything less is no longer satisfactory. This was always the design. Care for yourself so that you can care for the Collective in grace, humility, and joy.



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Hello World, Welcome to Ann Arbor
Shamanism, Power Animals, and the Stretched Mind
Leading Lights from the Community (and from our previous covers)
Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy •
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• Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones •
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Great Tastes • Yoga Column • And More

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* on newsstands now and online September 1!

The Emergence

By Sibel Ozer

My art teacher and friend Flora Aube said that new archetypes would be emerging as we continue to move forward in these unprecedented times.

Archetypes can serve a leadership role in that they embody ideas, and make it easier for us to fathom possibilities. The figure in my latest painting seems new in this way. I recognize how my hand created her features, as after a while we seem to develop a signature way to shape the nose, the eyes, and the lips—and still their relationship to one another feels novel and different. She seems gender neutral to me, a "they" rather than a "she."

They are simultaneously human, tree, and earth, and therefore have something to teach us about our relationship to one another.

More than anything, I feel that they are here to implore us to contemplate our relationship with nature and how it has shaped our response to the 2020 pandemic. This wasn't the first pandemic people have survived, and yet our rather already detached from nature lifestyles, in addition to technological advances, have enabled us to respond in an unprecedented way in moving ourselves completely indoors and realizing an almost overnight transition to conducting business almost entirely over the internet.

I understand the benefits and am grateful I was able to continue working as a therapist doing tele-counseling. Folks whose work did not allow this transition were unemployed initially, some had to let go of their businesses eventually. Some will recover, others will start from scratch, while others will change careers altogether.

As humans hovered inside to protect themselves, nature got a break from our usual impact and we began to see changes rather quickly. The air pollution above industrial centers declined, waters began to clear, and animals began to move into human territories.

As human activity begins to resume we have already seen factories working overtime to make up for lost production and pollution rising to higher levels than before as a result. So focusing on productivity alone tends to feed the perspective of lost time that has to be made up. This is one way to move forward.

Yet, this new archetype invites us to ponder alternative ways. An older woman I met only once said something that stayed with me. She commented on how she found herself becoming more and more male-like as she was aging—not only as her body was changing from more fragile and attractive to sturdier with hardened features, but also emotionally; able to prioritize self over others, not in a self centered way, but a healthy way males seem to be capable of from the onset whether due to less estrogen or socialization. She noticed that her husband had become more female over the years in that he was better able to attune to those around him and was gentler, kinder, and more patient overall. A decrease in testosterone or a lifetime spent in partnership with a female were perhaps responsible.

Jung explained that one goal of individuation is to be able to expand our capacity to move along the continuum of polarities, male and female being one of them. I do observe a bit of what she was talking about in my marriage as well, and feel it is a wonderful byproduct of years spent together. We have both become a little more like the other in ways that have enriched and empowered us.

Imagine being able to blend the best of what our relationship with the earth and trees could offer us. Having the ground of our productivity bringing forth and nurturing all life, and the trunk of our bodies springing forth branches that support fruits of all kinds. Imagine being able to hold an outlook that doesn't get caught up in either/or dichotomies, and instead being able to operate from a collaborative, balanced exchange of seeming opposites. It's not like we haven't had plenty of practice with

Healing Nectar Arts

Compassionate Self-Care Cards & Posters

Created by: Evelyn Ann Barber, an educator of over 30 years, with a MA in Human Development, Leadership in Education, a BA in Child Development, and is a Certified Child Life Specialist. She is a passionate voice in education and healthcare settings and advocate for the health and wellbeing of children and families. Learn more at healingnectararts.com

Compasstionate Self-Care Cards and Posters are designed to offer a gateway for people to explore and share their experiences and emotions while building connections of trust and safety for healthier life skills, coping skills, and relationships one person at a time. The cards include positive affirmations and open-ended questions to promote healthy mental and emotional self-care.

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The Emergence, continued...

this over the years. The emerging field of biomimicry offers many examples of the use of science and technology in service of environmentally sustainable solutions to all manner of human dilemmas.

I've found nature to be a refuge during this period of isolation that has taken a toll on the extroverted, human contact craving part of my psyche. It has been a balm every time I choose to relate to it, offering me assurance, calm, peace, and a sense of belonging in my solitude. I know that I will not be coming out of this pandemic with the attitude of business as usual. I find myself in the midst of great internal transformation that I have yet to complete or understand.

In the meantime, I keep on practicing the Art of Allowing as new archetypes are emerging. Is this resonating with your pandemic experience, too?

Sibel Ozer is a licensed professional counselor and board-certified art therapist currently doing private practice in downtown Ann Arbor. Visit sibelozer.com, or email fireflyarttherapy@gmail.com for more information.

COMFORT FOOD

By Angela Madaras from the book *Canning for a New Generation* by Liana Krissoff.

Nasi Goreng with Achar Segar

Ingredients for Achar Segar (Indonesian Quick Pickle)
Makes one quart

1 large cucumber, julienned (I use the long hot house type with edible skins)
1 Carrot, peeled and julienned
3 Large shallots, peeled and thinly sliced lengthwise
4 teaspoons raw sugar or less
1 tablespoon pure kosher salt (or whatever salt you have on hand)

Ingredients for Nasi Goreng (Indonesian Fried Rice)
(serves four)

1 tablespoon fish sauce (you can use anchovies or bonito flakes)
1 teaspoon sugar
2 tablespoons vegetable oil
1 large egg (scrambled)
2 shallots, peeled and thinly sliced
2 cloves garlic finely chopped
1 red or green chile, seeded and minced (wear gloves) store bout jalapeños work well too.
1 boneless, skinless chicken breast, cut into 1/2 inch pieces (you can use any chicken available or shrimp or tofu works well. You could leave meat out for Vegan diets. Maybe add green beans, broccoli, peppers etc.
4 cups cool white or brown rice (Basmati works best)
Achar Segar pickles (see recipe above)

Directions:

In a small cup, stir together fish sauce and sugar until the sugar is dissolved.

In a large sauté pan, heat 1 tablespoon of the oil over medium-high heat. Pour the scrambled egg into the pan and cook. Stir the pan for 1 minute, then transfer eggs to a cutting board and thinly slice. Return the pan to medium-high heat and add 1 tablespoon oil, then ad shallot and stir for two minutes.

Add the garlic, chile, and chicken, and cook, turning until the chicken is cooked through, about three minutes. Increase heat to high, for the rice and the fish sauce and cook, stirring constantly, until rice is heated through and just beginning to brown, about three minutes. Garnish this with egg and achar sega.

I serve each serving in a bowl and offer chopsticks and silverware and offer warm flat bread or pita bread to slop up every last bit. This is the perfect camping dish to cook right on the fire or grill. Everyone can relax in a chair with the bowl cuddled close to keep warm. I would recommend hot sauce, too, on the side, for each person to add as they like.

The Crazy Wisdom weekly Calendar

Health and Wellness

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) • September 13 • 1 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Online Workshops

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • August 14 or August 21 • 10:00 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Weekly Zohar (The Book of Radiance) Study • August 16 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Shamanism

Journey Circle • September 1• 7 p.m. • Join us for an exploration of personal and community healing topics through shamanic journeying. Circle is held the first and third thursdays of each month from 7-8:30pm by ZOOM. Knowledge of journeying is required. For an invitation or journeying instruction, please contact ramsey.judy003@yahoo.com. There is no fee to participate. Donations are accepted. For more information contact Judy Ramsey at 734-665-3202 or ramsey.judy003@yahoo.com or visit her online at Judyramsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life • September 5 • 9 a.m. • A two-day online ZOOM class to learn an easy and powerful tool for accessing spiritual information. Learn techniques to help you develop a self-directed practice of empowerment, to move through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. Cost: $150 per person. Goes 9am-3pm each day. For more information contact Judy Ramsey at 734-665-3202 or ramsey.judy003@yahoo.com or visit her online at Judyramsey.net.

Shamanic Animal Healing • September 15 • 7 p.m. • In seven weeks, explore unique perspectives for animal healing that draw upon core shamanic practices as well as other traditions. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Pre- requisite: students must know how to journey. Knowledge of animal communication not necessary. Class is online every Tuesday for 7 weeks. Fee is $325/$280 if paid by Sept. 1, 2020. For more information contact Judy Ramsey at 734-665-3202 or ramsey.judy003@yahoo.com or visit her online at Judyramsey.net.

Meditation, Yoga, and Martial Arts

Myriad of Meditations • August 16 and August 23 • 6:30 p.m. • Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, spiritual beings, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life.

Qigong Meditation Basics 1 ONLINE • August 22 • 9:30 a.m. • Qigong Meditation Basics is where it all begins: Fundamentals of Qigong and Qigong Meditation. Learn the basics of qigong for improving one's physical health and emotional body. Stabilize, ground, and detox negative emotional energy. This coursework also provides an entry point into exploring the spiritual dimension of qigong (refines the body and spirit, part of spiritual immortality training) that continues with Fusion coursework. Supports Chi Nei Tsang Abdominal Healing Therapy practices and those interested in Tai Chi or physical body improvement qigong. Fee is $195 for 4-days, Aug 22-23 and Aug 29-30. For more information email Steven Sy at steven@spiritualtao.com or visit spiritualtaoworkshops.com.

RYT-200 Yoga Teacher Training • September 12 • 8:30 a.m. • Verapose Yoga is a Registered Yoga Teacher Training School with the Yoga Alliance. Upon completion of the requirements, you may register with the Yoga Alliance as a Registered Yoga Teacher (RYT-200).

At Verapose, our Yoga Teacher Training (YTT) program is rooted in the belief that everyone is beautifully unique and capable of enjoying the deep and lasting benefits of a holistic yoga practice.

Join us for our 200 Hour YTT to empower your connection to your Self, and to learn how to guide others in enjoying the benefits of yoga. Small class size; space is limited, to provide high quality instruction and support. Contact us today for an Application! Form ore information contact Courtney Fitzpatrick by emailing Courtney@veraposeyoga.com or visit Verapose Yoga online at veraposeyoga.com.

Spirituality

The Faith That Time Forgot • August 20 • 7 p.m. • This will be an online weekly class series based on my book "The Faith That Time Forgot." Purchase of the book is not required for the class, but is encouraged. The class series will offer alternative perspectives on spirituality from a feminist viewpoint. More information is available on our website at magdalenerose.org.

Virtual Group Therapy

Mindfulness-Based Cognitive Therapy Group for Those Age 60 plus with Mariko A Foulk LMSW, and Halla Motawi LMSW • September 23 • 7 p.m • 8 weekly group therapy sessions, evidence-based, to prevent relapse of depression/anxiety. Form ore information coall 734-764-2556.

Writing and Poetry

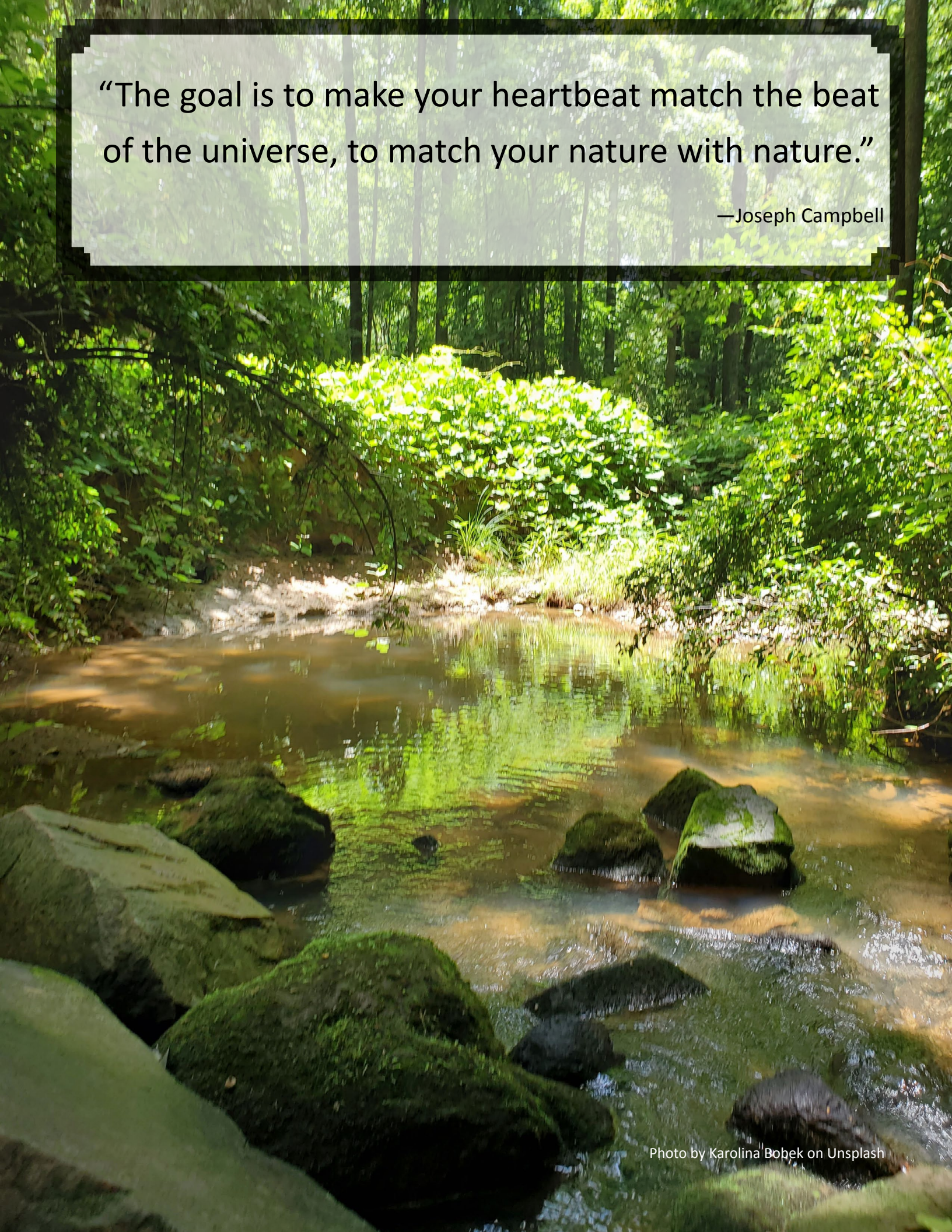
Crazy Wisdom Poetry Series • September 23 • 7 p.m. • Poetry Reading. Featured reader: Dunya Mikhail. Followed by open mic. Email: cwpoetrycircle@gmail.com for more information. Email cwpoetrycircle@gmail.com for the Zoom link.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!


“The goal is to make your heartbeat match the beat of the universe, to match your nature with nature.”
—Joseph Campbell
Photo by Karolina Bobek on Unsplash